



Heritage Center

March/April 2015



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov

Services Offered

- Arts & Crafts
-
- Cultural Programs
-
- Education
-
- Exercise
-
- Health Services
-
- Information & Referral
-
- Lunch Program
-
- Recreation
-
- Socialization
-
- Transportation
-
- Travel
-
- Volunteer Opportunities

New Computer System coming in March

The Heritage Center is part of the Murray City Parks & Recreation Department. Next month the Parks & Recreation Department is getting a new computer system. We ask for your patience as we work out the bugs and the growing pains that usually come with a new system.

Before the new system replaces the old, we need to clear all accounts of any credits. So if you have money on your account, it will be refunded to you the first part of March and you will be starting the new system with a zero balance. Your refund will come in the form of a check from Murray City Corporation. It hasn't been determined yet if you will be able to keep money on your account in the future. Check at the front desk if you have questions about putting money on your account.

We will still be asking everyone to "scan" in at the front desk when you arrive each day. For those who don't carry a scanning card and you enter your phone number in the computer, this will not work with the new system. You will either need to get a card or ask someone at the front desk to enter your phone number into the system when you arrive. If you are a member of the Park Center in Murray Park, this card will also work. You might ask, why do we have to "Scan" in? Scanning at the front desk gives us figures to show how much the Heritage Center is used. I like to say it provides a way to "prove our worth." These figures are also used when we request money through foundations or government agencies for grant programs. We have received millions of dollars in Community Development Block Grant Funds (CDBG) in the past 35 years and this documentation is needed to apply for any grants. Thank you for continuing to check in at the front desk. It helps the Center a lot.

We will be issuing key fobs instead of the current credit card size, however your old card should work so you don't need to get a new card unless you'd like a key fob. Thank you again for your patience in advance as we get used to the new computer system. Please see myself or other staff if you have questions. The new system is schedule to go live March 10.

Thanks, Susan Gregory/Heritage Director



Celebrate St. Patrick's Day on Friday, March 13—\$6

Rinceoiri Don Spraoi, Irish Step Dancers at 11:15

Corn Beef & Cabbage at 12:00 noon

See the article on page 11 for complete information

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 sgregory@murray.utah.gov

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Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at www.murray.utah.gov or mailed to your home with an \$18 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$.75 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Mary Hall

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Asst. — Charlotte Johnson

Dishwasher — Eric Fredrickson

Custodian — Don Smith

Vehicle Driver — Robert Himes & Lee Crosby

Building Attendant — Pete Wright

Heritage Advisory Board

Judy Baxendale, Brenda Clausen, Charlotte Cox, Kathy Houston, Jenny Martin, Erich Mille, Greg Waldron, Pete Wright, Rod Young

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

Watercolor - "Here Comes Spring"

On **Thursday, March 5 from 3:00-5:00**, John Fackrell will be teaching a Watercolor class called "**Here Comes Spring**." The cost for this 3-week course is **\$30**. Class meets **Thursday, March 5, 12, and 19**. You'll learn composition and techniques of painting flowers in watercolors. The format will be larger than his previous classes (1/2 sheet 15"x22"). Each participant will need to bring their own watercolor, brushes, 1/2 sheet 300lb paper, and 2" wash brush. Experience with watercolors is necessary to get the most out of this class. John is the local Art Director at Cottonwood High School; he will make this "**Here Comes Spring**" class fun! Space is limited to 10, sign-up starts on Thursday, February 26.

Look What I Made—Bunny Craft

On **Tuesday, March 10 at 1:00**, Susan Callaway will be teaching a Bunny Craft Class. The cost of the class is **\$5** and includes all of the supplies. Please come and join the fun, you will make your Bunny and complete him in one class. Sign up now.

Storytelling-Ireland at the Center

On **Tuesday, March 10 at 10:30** three Irish born Storytellers will be at the Center to bring some Irish tales to life through storytelling. Michael Donovan from Cashel County Tipperary, Jim Duignan from Dublin, and Kathleen Farley from Limerick, Ireland will all be at the Center for a fun storytelling event. Irish storytellers are famous for their wit and inventiveness. The extraordinary range of Irish stories comes from a folklore tradition more than 2,000 years old, which successfully blended Celtic, Christian, and English influences to create some of the most distinctive oral literature in all of Europe. These three Irish born storytellers have been living in Salt Lake City for several decades but have not forgotten their **Irish** heritage. They will entertain you with their stories and give you a sense of rich Irish history and lots of laughs. This is a free class, sign up now.



Gadget & Computer Classes

The computer lab has 6 personal computers running Microsoft Windows 7 and one with Windows 8. Computers are available any time a group class is not being held. The Center also has an iPad for checkout to use while at the Center if you'd like to try out a tablet. There is no charge to use the computers but printing is 5¢ per page and users must sign-in and list the computer they are using. Private Gadget & Computer help is available on Monday, Tuesday, and Thursday for one hour and the cost is \$3. Instructors can help with phones, readers, tablets, computers. Sign up and pay at the front desk. A new group beginning class is scheduled for **Tues/Thurs, March 3, 5, 10, 12, 17** at 1:00-2:15. The cost is \$15 for 5 sessions. Learn how to navigate in windows, basic word processing, and other basic tips and techniques.



Bereavement Support

The Bereavement Support Group will continue at the Center on a monthly basis. Facilitated by licensed counselors and community educators, this support group will meet at **12:30 on Tuesday, March 10 and Tuesday, April 14**. This group is intended to assist those individuals and families who have lost a loved one recently or in the recent past. On occasion, there may be someone who has lost a loved one some time ago but is still grieving and feeling a need for further assistance. Through the group, we hope to create an atmosphere of trust and support in helping participants realize a sense of relief. Although you may not have suffered the loss of a loved one, you may be experiencing a loss of health, friendship, support, ability or mobility. Our hope is that this support group will assist everyone in understanding the process of loss and the discovery of support in guiding you to a healthier lifestyle. Serenity Funeral Home is sponsoring these classes. This is a free class, sign up now.

Living Well With Diabetes—free six week course

Thursdays March 12—April 16

6 PM to 8:30 PM at Intermountain Medical Center

To make a reservation, call 801-408-8635

H.E.A.T.— Home Energy Assistance Target

A HEAT professional will be at the Center on **Wed., March 11 at 10:30** to help people complete applications for HEAT assistance. The HEAT program provides winter home heating assistance and year round energy crisis assistance for eligible low income households throughout Utah. You must re-apply for HEAT each year. See the flyer on the bulletin board for a list the documents you will need to bring when completing the application. This assistance is free, sign up now.

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Monday, March 23 or April 27 from 9:30-2:30**. Sign up at the front desk. The cost is \$15 for AARP members and \$20 for everyone else. The instructor will collect the fee at the start of the class. You make your check out to AARP. Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class.



Vital Aging—March & April

Tuesday, March 24 at 10:30 we will present a new wellness class called: **Pathways to Coping with Grief and Loss**. A person's unique response to losses in life are influenced by cultural beliefs, family, personality, and other life stressors. In this class, you will have the opportunity to share, and then process thoughts and feelings related to your loss. You will learn new ways to re-engage and re-invest in life and relationships while remembering and honoring the loss. In addition to teaching this class, Tifani of the Vital Aging Project will be at the Center at 10:00 just before this 10:30 class if anyone would like to visit with her regarding any problems or issues you may be having in your life. This is a free class, sign up now.

On **Tuesday, April 28 at 10:30** our wellness class will be: **Coping with Pain**. Living with chronic pain can be very difficult. This class will provide an opportunity for individuals suffering from chronic pain to share their stories with others in an atmosphere of support and empathy. Information and guidance in dealing with chronic pain will be provided. We will explore the mind-body connection to help find relief from pain, practice relaxation and distraction techniques. Tifani will be at the Center at 10:00 to meet with anyone needing one-on-one help. This is a free class, sign up now.

Green Urban Gardening

On **Wednesday, March 18 at 10:30**, Shawn Peterson will be at the Center to share some tips for gardening without all of the hassle. Do you have a garden space in your yard, but no longer have the energy to maintain the garden yourself? Have you always wanted to start a garden but don't know how you would begin? Do wish you could eat more fruit and vegetables but find them too expensive at the store? The Green Urban Lunch Box is here to help. In additions to vegetable gardening the Green Urban Lunch Box offers a fruit share program. Volunteers come and harvest your fruit trees so you do not have to do a thing. We leave you some fruit, give some to the volunteers and the rest goes to the local food banks. Scientific research shows that nutrition & exercise will optimize our mental and physical function at every stage of life. Learn about this unique program. This is a free class, sign up now.

Chakra Meditation

Chakra Mediation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, starts again on **Monday, March 23 at 10:30 and runs through Monday, May 11**. The cost for this 8-week class is \$20 or \$3 per session. Barbara will present in-depth information about how Chakras and Meditation work. She will teach you how to understand your Chakra's and how to heal yourself. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced. The word Chakra is Sanskrit for wheel or disk. It signifies one of the seven basic energy centers in the body which are the opening for life energy to flow into and out of your aura. Sign up now.

Stepping On Class begins April 1

On **Wed., April 1 from 12:30 -2:30** the Center will offer the first in a series of eight **Stepping On** classes which will run through **Wed., May 20**. The program addresses information regarding ways to reduce falls and at the same time increase self confidence in situations where you may be at risk of falling. Falls are a serious problem, but can be prevented at any age. The **Stepping On** program utilizes a group setting for instruction and offers individualized follow-up. The program covers a range of information including: falls and risk of falls, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and understanding how to talk with your doctor in order to complete a medication review. **Stepping On** is one of the programs that has been shown to be effective at reducing falls, has been translated from the original to a community based program, and has maintained fidelity to the original program. This class is facilitated by volunteers Colleen Winther and Catherine Green. They will be joined by a Physical Therapist, Occupational Therapist, Vision professional, and Pharmacist. This is a free class, sign up now.

Painting Class April 1

A new six-week session of the painting class starts on **Wed., April 1 from 9:00 -12:00** and runs through **Wed., May 6**. The cost is \$30 and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolors. She will teach both water & oil painting.



The Grand Canyon—April 23

The Senior Learning Network will bring another interactive presentation from the Grand Canyon National Park. A powerful and inspiring landscape, the Grand Canyon overwhelms our senses through its immense size and unique geologic color and erosional forms. The program will be held on **Thursday, April 23 at 10:00 AM**. This free presentation called Grand Canyon: Canyon Connection will focus on animal and plant adaptations while introducing some of the amazing creatures that call the Grand Canyon home. Learn about the five diverse ecosystems found at the Grand Canyon and the unique interrelationships found within them. No travel needed, the speaker will come to us via a live web presentation through the Senior Learning Network. Register now for this free class.

Poetry Time Continues

A new Poetry Time class starts on **Thursday, April 2 at 7:00 PM** and runs through **Thursday, May 7**. Have you ever wanted to learn how to write poetry, better understand poetry, or just have some fun with words? This is the class for you. Bob Bader, who has been writing poetry for the past 20 years and a member of the UTSPS Society, is passionate about poetry and wants to share his skills with you. This is a free class, sign up now.

Cooking with Diabetes

On **Monday, April 13 from 12:30-2:30**, Calli will be teaching an interactive class on cooking for diabetics. You will work with Calli to prepare 4 take-home dishes and discuss a wide range of recipes and tips. The cost is **\$10**. Sign up now, space is limited to 10. Diabetics are always looking for ways to create better meals for themselves and their families. This class may help you address some ways to prepare meals that enable you to feel better, eat better, and look better. Don't get stuck in the trap of just eating to live -learning to prepare tasting, health conscious meals will make eating fun and pleasurable again.

New Spanish Class

A six-week conversational Spanish class for anyone wanting to improve their Spanish skills begins **Friday, April 10 at 10:00-12:00** and will run through **Friday, May 15**. Cost of the class is **\$25**, in addition you will need a course book, which you can purchase at the front desk for **\$12** when you register. Intermediate and advanced students are welcome (*this is not a class for beginners*). Mercedes Perez, our Spanish teacher, is an experienced instructor who will help you build and improve your skills. Sign up now.

Volunteer of the Month— Rod Young—“A Utah Man Sir”

Rod Young grew up in the Glendale area of Salt Lake. It was a great place with lots of kids, great neighbors and a park with a swimming pool nearby. He played baseball under the tutelage of his older brother and one year his team made it to the WBBA World Series. When he was old enough to find a job, he landed the perfect job at Der Weinerschnitzel. When he realized his childhood dream of becoming a rich and famous athlete was not going to come to fruition, he joined the regular job workforce. After a number of years he was laid off his job and found work at Memorial Mortuaries where he was introduced to the Heritage Center calling and sponsoring the Bingo. Rod met his future wife Jean in chemistry class at South High School. When his bumbling locker buddy spilled acid in their locker, it forced Rod to find a new spot. He looked around the room, and spotting Jean, found his new spot that sparked an instant chemical reaction. Rod and Jean will have been married 40 years in May. They have 5 children. He's a simple man whose favorite food is meat and potatoes with a bowl of chocolate ice cream for dessert. Of course his favorite color is red. In fact, if Rod is ever front page news, he hopes the headline will read: Rod Young Donates State of the Art Basketball Arena and Football Stadium to University of Utah. Rod loves coming to the Heritage Center. He volunteers as a trip escort to Wendo-ver and he regularly calls Bingo. Rod is also a volunteer serving on the Heritage Center Advisory Board. He has helped with almost all of our special events for the past 3 years and he always has a smile and warm greeting for everyone. We will honor Rod as our Volunteer of the Month on **Wednesday, March 18** at 12:15. After the ceremony, Rod will be back calling Bingo. Thank you Rod!



Volunteers Needed—can you help one day a week for 2 hours?

The Heritage Center utilizes the help of over 80 volunteers on a regular basis. Thank you volunteers! Volunteers work in just about every facet of Center operations from answering phones to calling bingo to teaching classes. We love our volunteers! If you would like to join our volunteer force, see any staff member to set up an appointment for a short volunteer interview. During the interview, we can find out what your interests are and let you know where we are looking for volunteers. We will try to match you up based on interests, skills and needs. We are currently looking for volunteers in some of the following areas:

Kitchen—run automatic dishwashers on Thursdays from 12:00-2:00 p.m. See Calli.

Choral Group—Would you like to organize a singing group at the Center. A choral group just for the fun of it! Pianist and leader needed to get things started.

Bingo Caller—call bingo on Wednesday or Friday from 12:45-2:00. See Wayne.

Front Desk—answer phones, greet participants and check them in on the computer or help collect the lunch money in the dining room. See April if interest.

Volunteer Drivers needed



The Center received money from Murray City to purchase a new bus. The new 14 passenger mini bus has been ordered and will not require a driver to have a CDL license. The bus is currently being built and should arrive in June. We are looking to start a volunteer driver pool to offer transportation to Murray residents as well as continue our monthly day trips. A defensive driving class, bus orientation, and medical physical will be required. If you are interested in joining this elite group of volunteers, see Susan.

Massage Therapy

Massage Therapy continues on **Fridays** from **11:45-3:45**. Appointments are required and can be made up to four weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be



made 24 hours in advance for a refund. Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you.

Barber Shop is Open



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is **\$8**. Only haircuts and trims are being offered at this time. The barber is Jocelyn Anderson.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, April 23 from 9:30- 12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*

Medicare Counseling Available

At 12:00 noon on **Tuesday, March 17 at 12:00** and **Tuesday, April 21**, Vickie Nelson will be available at the Center for Medicare Counseling. As a SHIP counselor, her job is to help clear up the confusion about where to apply for Medicare, help you understand your Medicare choices, and help you understand what to do if you have other insurance. If you are new to Medicare, she can help you through the initial enrollment process. This is a free class. Sign up now. In addition, there are programs available, if you meet financial criteria, to help with the cost of your prescription drugs. Vickie or your local SHIP office can help you apply for these programs. If you need immediate assistance, your local Medicare counselors are a phone call away at 385-468-3200.

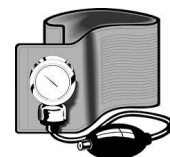
Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Tuesday, March 10** or **Tuesday, April 14** from **11:00-1:00**. Appointments are needed and are made at the front desk. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

Blood Pressure

Blood pressure and glucose screening is offered on the following days: **Thursday, March 5 & Friday, March 20, Thursday, April 2 & Friday, April 17**. All screenings are from 11:00-12:00.

Thank you to Garden Terrace and Salt Lake Community College nursing students for providing the service in March & April.



AARP Free Tax Assistance Ends April 8

Volunteers from AARP provide free tax consultations and preparation for tax payers with middle and low income, with special attention to those ages 60 and over. This free and confidential service will be available each **Wednesday** through **April 8** from **12:30 to 4:00**. Appointments are required but cannot be made any earlier than 1 week in advance of the day you would like to attend.

MARCH

2015 Heritage Center Events

Heritage
Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until

10:00 PM

Monday		Tuesday	
9:00 NIA	2	8:30 Ceramics	3
11:00 Bridge Lessons		9:00 Stretch / Haircuts	
11:00 Diabetic Class		9:30 Line Dancing	
12:30 Ladies Pool		10:30 Tai Chi	
1:00 Movie		11:00 Canasta	
1:00 Dance Lessons		11:30-12:30 Lunch/12:30 Exercise	
2:00 Strength Conditioning		12:45 Crafts/1:00 Computer Help	
		2:00 Beginning Line Dancing	
9:00 NIA	9	8:30 Ceramics	10
11:00 Bridge Lessons		9:00 Stretch / Haircuts	
12:30 Ladies Pool		9:30 Line Dancing	
1:00 Movie		10:30 Tai Chi/ Irish Storytelling	
1:00 Dance Lessons		11:00 Canasta / Attorney	
2:00 Strength Conditioning		11:30-12:30 Lunch	
		12:30 Bereavement / Exercise Help	
		12:45 Crafts	
		1:00 Bunny Craft Class	
		1:00 Computer Help	
		2:00 Beginning Line Dancing	
9:00 NIA	16	8:30 Ceramics	17
10:30 Meditation		9:00 Stretch / Haircuts	
11:00 Bridge Lessons		9:30 Line Dancing	
12:30 Ladies Pool		10:30 Tai Chi	
1:00 Movie		11:00 Canasta / 12:00 Medicare Help	
1:00 Dance Lessons		11:30-12:30 Lunch	
2:00 Strength Conditioning		12:30 No Exercise Help	
		12:45 Crafts	
		1:00 Computer Help	
		2:00 Beginning Line Dancing	
9:00 NIA	23	8:30 Ceramics	24
9:30 AARP Driving Class		9:00 Stretch / Haircuts	
10:30 Meditation		9:30 Line Dancing	
11:00 Bridge Lessons		10:30 Vita Aging	
12:30 Ladies Pool		10:30 Tai Chi / 11:00 Canasta	
1:00 Movie		11:30-12:30 Lunch	
2:00 Strength Conditioning		12:30 Exercise Help	
		12:45 Crafts	
		2:00 Beginning Line Dancing	
9:00 NIA	30	8:30 Ceramics	31
10:30 Chakra Meditation		9:00 Stretch / Haircuts	
11:00 Bridge Lessons		9:30 Line Dancing	
12:30 Ladies Pool		10:30 Tai Chi	
1:00 Movie		11:00 Canasta	
1:00 Dance Lessons		11:30-12:30 Lunch	
2:00 Strength Conditioning		12:30 Exercise Help	
		12:45 Crafts	
		2:00 Beginning Line Dancing	

Billiard Room



Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

Cards

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in, or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Game Day

Make new friends and learn a new game every **Thursday at 12:30** in the card room. Volunteers will bring their favorite games, like dominos, Mexican Train and Rummikub and teach you how to play.

Birthday Wednesday — March 4 & April 1



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special Thank You to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month.

In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Learn how to play Pickleball at the Center every **Thursday from 9:00-11:00** in the dining room.

Drop in play is every **Tuesday & Thursday from 8 am -12 pm and Fridays, 6 pm - 9 pm at the Park Center in Murray Park**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25. Leagues forming in January, call 801-264-2614 for information.

Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday at 12:45** to play Hand & Foot. Upcoming meetings: **March 5 & 19 15 & April 2 & 16**.

Salt Lake County Mens & Ladies Pool

Seven Heritage Center pool players recently competed in Salt Lake County's Men's & Women's Pool Tournament. Congratulations to **Earl Barnes** for taking 3rd place in the Men's Division and **Susan Rounds** for placing 2nd in the Women's Division.

Special April Fools Bingo

Don't be a fool, join us for a Special Bingo on **Wednesday, April 1**, April Fools Day. Prizes sponsored by Jenkins-Soffe Mortuary (See their ad on page 14). Bingo begins at 12:45.



Celebrate St. Patrick's Day

Rinceoiri Don Spraoi, Irish Step Dancers, will be performing on **Friday, March 13 at 11:15-11:45**. The doors will open at 10:45 (*tables must be reserved in advance*). Lunch will be served at 12:00. A special St. Patrick's Day menu will include: Corned Beef and Cabbage, Potatoes, Dinner Roll, Butter, Irish Crème Brownie Trifle, and Homemade Root Beer. The cost is **\$6** and advance payment and reservations are needed. For this special event your reservation will be for an assigned table and you can purchase one or all eight of the seats at that table. Sign up now. The Rinceoiri Don Spraoi (rin-cory don spree) in Gaelic, means: "dancing for fun." This Salt Lake Valley based school provides Irish dance education solely for the love of Irish culture and dance. The dancers come from all walks of life. They have families, school, jobs, and many other activities, in addition to attending the Rinceoiri Don Spraoi School. They will perform reels, jigs, and traditional figure dances. Through participation in this program students have gained cultural knowledge of Ireland and its people including: music, dance, folklore, and history.



Golf Season General Meeting



The Heritage Center's Golf League will begin this year with the general meeting of all interested players on **Monday, April 6 at 10:30** at which time the schedule will be reviewed and local rules for this season's play outlined.

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament.

Those players who have not participated in this league in the past, but may wish to participate this season, should come to the general meeting on April 6 for basic orientation.

Tournament play will commence on April 20 at Stonebridge Golf Course. A tentative tournament schedule appears below. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. All tournament fees must be paid at least 10 days before the tournament.

Tentative 2015 Season Schedule:

4/20—8:30 Stonebridge	7/27—8:00 Round Valley
5/4—8:30 Valley View	8/10—7:30 Davis
5/18—8:30 The Ridge	8/24—7:30 Talons Cove
6/1—8:00 Murray	9/14—8:00 Glen Eagle
6/15—7:30 Glenmoor	9/28—8:30 Meadowbrook
6/29—8:00 Wasatch	10/5—Year End Banquet
7/13—7:30 Fox Hollow	



St. Patrick's Day is here, you see.
We'll pick some shamrocks, one two, three.
We'll count them leaves and look them over,
and maybe find a four-leaf clover.
I'll sew green buttons on my vest, green for
St. Patrick's is the best.
I'll wear a great hat, very high, and dance a jig-at
least I'll try.
Happy St. Patrick's Day!

Ladies Pool



On **Mondays at 12:30** a small group of women meet in the pool room to play pool. They would like to extend an invitation to any women that would like to join the pool group, maybe you played in the past, would like to refresh your skills, or just come and meet

Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons at 12:45** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

Newsletters



Newsletters are available at the front desk (75¢ donation), online at www.murray.utah.gov, emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$18 can be purchased and the newsletter will be mailed to your home.

Square Dancing



Kick up your heels with Square Dance caller Don Carlton on **Thursday afternoons from 1:00-3:00**. The cost is \$1.50 per day and is paid when you arrive. Beginners are welcome.



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$1000 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!



Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, IF, you link your rewards card to the Heritage Center. To enroll in the Community Rewards Program, go to **smithsfoodanddrug.com** and register your card with the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

Monday Movies — Showtime is 1:00 March/April Movie and popcorn are free



March 2—**The Princess Bride** 1987-98 minutes-Adventure/Comedy
 March 9—**To Independence Day** 1996-145 minutes-Action/Sci-Fi
 March 16—**Dolphin Tale 2** 2014-107minutes-Drama/Family
 March 23—**If I Stay** 2004-107minutes-Drama/Romance
 March 30—**How to Train Your Dragon 2** 2014-102 minutes- Animated
 April 6—**Maze Runner** 2014-113 minutes-Action/Adventure/Sci-Fi
 April 13—**Hundred Foot Journey** 2014-22 minutes-Comedy/Drama
 April 20—**Left Behind** 2014-110 minutes-Action/Sci-Fi
 April 27—**Best of Me** 2014-96 minutes-Drama/Romance

Exercise every day...

NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR AEROBICS—Free

Wednesday & Friday 11:15-11:45

YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.

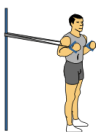
U of U Exercise & Sports Volunteer Students

A group of U of U Exercise & Sports Students are at the Center every **Tuesday & Thursday at 12:30 – 2:00**. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness. The students also offer one-

on-one-help, sign up for that service in the exercise room.

Recently the Center added an additional exercise to the exercise room

with a wall mount for resistance band exercises. The Center would like to invite everyone to take advantage of this new equipment. The U of U students will be available on Tuesday and Thursday to demonstrate how



to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

Total Fitness Pass

Total Fitness Pass—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is FREE if your insurance offers the Silver Sneaker Fitness program? Give your Silver Sneaker card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.



Did you know if you have the Select Health Advantage plan that your wellness reimbursement will pay for exercise classes at the Center? Just sign up and pay, keep your receipt and submit it to Select Health for reimbursement. They reimburse up to \$20 per month or \$240 per year for your health and wellness needs. So the Heritage Fitness pass would only cost \$10 per month after reimbursement. That's \$10 for any exercise class & the fitness room!

A special Thanks to **Jenkins-Soffe** for sponsoring the Bingo each month and other special events. We appreciate the help of our community sponsors.



*Creating healing experiences
for 100 years*



4760 South State Street
801-266-0222
www.jenkins-soffe.com

Tuesday, April 14-10:00 Hill Aerospace & The Hive Winery

We will undertake this unique trip again on **Tuesday, April 14** at 10:00 to two diverse locations in northern Utah. Our first stop will be the Hill Aerospace Museum located on the northwest corner of Hill Air Force Base. The museum was founded in 1962 as part of the US Air Force Heritage program and first opened to the public in 1987 where military historical artifacts are on display. For lunch, we will travel to the Cracker Barrel in Layton where lunch will be on your own.



the hive winery

After lunch we will visit the Hive Winery, a small "boutique" winery

specializing in premium "non-grape" fruit wines and wines (known as Meads and Melomels). The Hive Winery is close to sources of wonderful fresh fruit and local honey and is working on choosing all the environmentally responsible ways of producing wines. Wine tasting and sales will be available.

Cost of this trip is \$5 and sign-ups begin March 27.

Travel to Tuachan and Mesquite June 8-11 — Disney Spectacular Sign up begins March 20



It might seem early to be thinking about summer plans but tickets need to be purchased and rooms reserved for the Heritage Center annual trip to Mesquite and Tuachan. Clear your calendar and set aside a few days to travel to southern Utah and Nevada to spend an evening at the Tuachan Amphitheatre & Center for Performing Arts. The shows we will be seeing are **Beauty and the Beast** and **Disney's When You Wish**. A chartered bus will depart from the Heritage Center on **Monday, June 8** and we will stay two nights at the CasaBlanca Hotel in Mesquite, Nevada. The trip will return on **Thursday, June 11**.

The cost is **\$325** per person (double occupancy) and **\$400**(single room) and will include a buffet dinner at the Hotel, two CasaBlanca breakfasts, two pre-show dutch oven dinners at Tuacahn, and tickets to the musical plays.

Sign up for this trip begins **March 20** and seating is limited. A \$50 deposit is required for each participant to register for the trip or you may pay the entire amount at that time. Full payment for all reservations must be received before **Friday, May 1 at 4:00 PM**. Travelers may register for themselves and one other person.

Center Trips



...Travel with friends

Thursday, March 12-8:30 Wendover

Travel to Wendover on **Thursday, March 12**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately 7:00 pm. You may sign up for this trip now.

Wednesday March 25-9:00 Grantsville Breakfast

Instead of heading for the Tooele Senior Center, the Center bus will head to the Grantsville Senior Center for the "2nd Best Breakfast in Utah." The bus will depart the Center at **9:00 on Wednesday, March 25** and return about noon. Cost is **\$6** for transportation and the breakfast. Sign ups begin now for this always delicious trip.

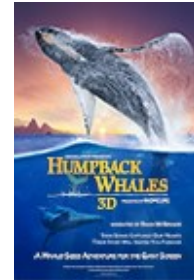
Tuachan Trip June 8-11
Sign up begins March 20

Thursday, March 19 -9:00 Kingsbury Hall

An original musical created by the University of Utah's Youth Theatre, **Great American Tall Tales** brings the familiar legends of the 19th century to life. Featuring Paul Bunyan and Johnny Appleseed, as well as a fictional version of Davy Crockett's wife Sally Ann Thunder Ann Whirlwind, a composite of various real life women, the show features rip-roaring action, broad humor and colorful (yet kid friendly) language to retell your favorite tall tales.

The bus departs the Center for Kingsbury Hall on **Thursday, March 19** at **9:00** for the 10:00 performance. Cost is **\$5** and sign-ups begin February 26.

Thursday, April 9 - 12:00 Clark Planetarium— Humpback Whales



An extraordinary journey into the mysterious world of one of nature's most awe-inspiring marine mammals.

Humpback Whales takes audi-

ences to Alaska, Hawaii and the Kingdom of Tonga for an immersive look at how these whales communicate, sing, feed, play and take care of their young.

The bus will depart the Center at **12:00 pm on Thursday, April 9** and will travel to the Clark Planetarium for a 1:00 showing. Cost of the trip is **\$12** and sign-ups begin March 20.

Thursday, April 30-12:30 Tulip Festival at Thanksgiving Point

Welcome spring and enjoy all the colors of the rainbow spread throughout nearly 100 different varieties of 250,000 tulips. The Tulip Festival at Thanksgiving Point is an awe-inspiring sight that is redesigned each year to create a new display. Mother Nature is in charge of the show.

The Center bus will leave at **12:30 on Thursday, April 30** and return about **3:30**. The cost is **\$14** and includes transportation and ticket. You can register for this trip beginning on **April 8**.

Remember!

You can only sign up yourself and one other guest for any of the Heritage Center trips (including Wendover). Trips are limited to participants 55+ unless the trip is not full one week before departure. If the trip is not full, adult children may be invited to accompany you on the trip.

Please arrive at least 15 minutes before departure time.

Thursday Evening: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$4 per person. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In December and January our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Tony Summerhays, and Chateau Brickyard Senior Living.

Poetry Time—Evening Class

Read about the poetry class on Thursday evenings on page 5. Join us every Thursday at 7:00 PM.

Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **March 12 and April 9 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

Jam Session

The Center sponsors a music "Jam" session for interested musicians on the **second Thursday from 3:30-5:00**. Bring your instrument on **Thursday, March 12 and April 9** and be ready to Jam!

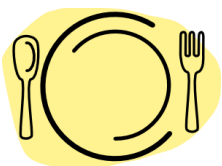


Evening Class Ideas

Do you still work part time and can't come to the Center during the day? Do you have ideas on classes you'd like to see held on Thursday evenings when the Center is open late? Give your ideas to Maureen or Susan and they'll try to make it happen.

Mark your calendar—High Tea coming in May reservations begin April 7

The Center is pleased to announce our annual Mother's Day Tea is scheduled for **Tuesday, May 5 at 11:30**. The cost for this event will be **\$6**. This is an opportunity to say thank you to our mothers past and present. The menu will include such cold delicacies as Cucumber Sandwiches on Croissants, Egg Salad Sandwiches, Stuffed Mushroom Caps, Spinach Artichoke Phyllo Cups, Fruit Kabobs with Dip, Scones, and Lemon Bars. Tea served with English Scones and Jam, Devonshire Cream, and Lemon Squares. A variety of flavored teas will be served with all the amenities, including fresh lemon wedges, honey, and sugar cubes. Brian Ballard, a local pianist will entertain you during the High Tea. Please bring your favorite tea cup and if you would like, additional cups to share with your friends. Tea and food will be served family style to each table, so get a group of friends together and reserve your table. Reservations are required and will begin on Tuesday, April 7. You can choose where you would like to sit when you make the reservation. Each table seats 8 people and all or part of a table may be reserved.



March 2015

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

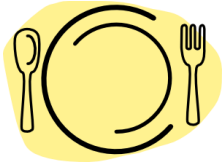
Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
2 Lunch Served	3 CABBAGE ROLLS Green Salad Roll Pie	4 CINCINATTI CHILI Green Salad Birthday Cake & Ice Cream	5 BEER & BRAT CHEDDAR CHOWDER Spinach Salad Banana Toffee Pudding	6 SPINACH MUSHROOM CHICKEN Roasted Potatoes, Green Beans Tiramisu
9 No Lunch	10 CREAMY SPINACH SAUSAGE PASTA Roasted Veggies Coffee Sugar Cookie	11 CALIFORNIA CLUB CROISSANT Chips Fruit Snickerdoodles	12 BEEF CHIMICHANGAS Cilantro Salad Tres Leches Cake	13 \$6—St. Pat's Party CORN BEEF & CABBAGE Potatoes, Roll, Irish Creme Brownie Trifle, and Home- made Rootbeer
16 No Lunch	17 IRISH STEW Soda Bread Cupcake	18 PINEAPPLE PORK Rice Veggies Frogeye Salad	19 BREADED BUTTER CHICKEN SANDWICH Chips Fruit Salad Chocolate Sundaes	20 MEATLOAF Mashed Potatoes and Gravy Peas Blueberry Lemon Cookie
23 No Lunch	24 GARLIC PARMESAN FETTUCCHINI ALFREDO Broccoli Breadstick Lemon Cream Cake	25 HAM & LENTIL SOUP ½ Sandwich Fruit Carrot Cake	26 CUBAN SANDWICH Oven Fries Fruit Chocolate Fluff Cookie	27 CHICKEN BRYAN Dill Smashed Potatoes Veggies Brownie
30 No Lunch	31 PAD THAI Asian Slaw Coconut Rice Pudding			

April 2015

Heritage Center Menu



NO RESERVATIONS NEEDED unless it is a *special event
 Lunch is served anytime between 11:30 – 12:30
 Pay and make your selection when you are ready to eat.
 If the main entrée doesn't appeal, try a sandwich or salad option.
 Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
		1 PARMESAN CRUSTED PORK Roasted Potatoes Veggies Birthday Cake & Ice Cream	2 CHICKEN & DUMPLINGS Salad Ginger Cookie	3 POT ROAST Mashed Potatoes & Gravy Carrots Chocolate Bread Pudding
6 No Lunch	7 PHILLY SANDWICH Almond Salad Strawberry Shortcake	8 LEMON THYME CHICKEN Baked Potatoes Spinach Casserole Chocolate Chip Cookie	9 PEEKING PORK Fried Rice Veggies Coconut Rice Krispy Treat	10 BROCCOLI CHEESE SOUP ½ Sandwich Fruit Apple Cobbler
13 No Lunch	14 SHRIMP & BACON CORN CHOWDER Green Salad Cinnamon Oatmeal Cookie	15 CHICKEN FRIED STEAK Mashed Potatoes & Gravy Veggie Texas Sheet Cake	16 KENTUCKY HOT BROWN (Hot Turkey Sandwich) Tomato Salad Mint Julep Cake	17 BBQ PORK CHOP Macaroni & Cheese Broccoli Brown Sugar Cookie
20 No Lunch	21 CHICKEN BACON RANCH PASTA Roasted Broccoli Caramel Brownie	22 CHICKEN AVOCADO LIME SOUP Tortilla Wedge Salad Churros	23 SLOPPY JOE Oven Fries Fruit Pavlov	24 GARLIC SPAGHETTI Salad Breadstick Pistachio Cake
27 No Lunch	28 BLT Chips Fruit Cookies & Cream Cake	29 HERB TILAPIA Rice Green Beans Chocolate Mousse	30 CHICKEN CORDON BLEU PASTA Salad Berry Cookie	